

Volleyball Active Recovery



DB = Dumbbell OH = Over Head
 SB = Swiss ball MB = Medicine Ball
 BB = Barbell

Program Variables			Sets & Reps						Weight	Rest	Comments
Day	Type	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
1	Warm Up		5-10 mins								Bike/Treadmill
	Movement Prep	1	Forearm Wall Slide	10							Keep shoulders down and back
	Activation	2	Wall Angel	10							Low back stays in contact with wall
		3	Ankle MOBs with hip add/abduction	5each							
		4	OH Wall Squats	10							
		5	Squats w/ rotation	12							
		6	4 Square: 8s on, 3 off	4x	4x						45s
		7	Forward 2 Back 1: Lateral	3each	3each						45s
	Strength	1A	Hang Clean	6	6	6	6			65%1RM	Drive with hips
		1B	Single Leg Lowers	10each	10each	10each	10each				On back. Keep leg straight if possible
		1C	Groin Sliders	10each	10each	10each	10each				Drop glute down to heel
		2A	Front Squat	10	10	10	10			65%1RM	
		2B	Hip Swivels	10each	10each	10each	10each				
		2C	Scap Push Up w/ 3 Point Plank	8each	8each	8each	8each				1min
		3A	BB Straight Leg Deadlift	10	10	10	10			65%1RM	Keep core straight
		3B	Supine Windshield Wipers	16	16	16	16				Keep legs perpendicular to body
		3C	Resisted Hip Flexor Mobility	10each	10each	10each	10each				1min

Program Variables			Sets & Reps						Weight	Rest	Comments
Day	Type	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
2	Warm Up		5-10 mins								Bike/Treadmill
	Movement Prep	1	Forearm Wall Slide	10							
	Activation	2	Wall Angel	10							
		3	Ankle MOBs with hip add/abduction	5each							
		4	OH Wall Squats	10							
		5	Squat to Stand	12							
		6	5-10-5m Sprint (3s rest between)	5x	5x						1min
		7	Riser Footwork: Down Ups	8s	8s	8s	8s				45sec
	Strength	1A	Hang Clean	6	6	6	6			65%1RM	Drive with hips
		1B	Stir the Pot	5each	5each	5each	5each				
		1C	Pillar Rotations	10each	10each	10each	10each				1min
		2A	Chin Ups	2x3-6	2x3-6	2x3-6					
		2B	DB Woodchoppers	10each	10each	10each				65%1RM	
		2C	Behind Head Pull Aparts	10	10	10					1min
		3A	1/2 Kneeling Landmine Press	10each	10each	10each				65%1RM	Keep torso stationary
		3B	Suitcase Carry	20steps	20steps	20steps				45lbs	Do not let shoulder/torso sag
		3C	Bentover Ws	10	10	10				65%1RM	1min
											Elbows stay tight into body